



June Harvest

Subscription Plans:

Full Share (feeds 4-6 adults) \$500=about \$25 per week

Half Share(feeds 2-3 adults) \$300=about \$15 per week

If you have questions contact Michelle Jones, Marketing Manager at michellej58@hotmail.com.

To subscribe, go to <http://seattlemarketgardens.org/> and complete the CSA subscription form and mail it to P-Patch Community Gardening Program, 2301 South Jackson Street, Suite 208, Seattle, WA 98144.

Spinach

Recipe: [Spinach and Leek White Bean Soup](#) White bean soup with spinach and leeks is a delicious and filling soup that is perfect for vegetarians if you use vegetable broth, and quick to make.

Snow peas (Use in stir-fries, salads, soups, and spring rolls)

Recipe: [Asian Beef with Snow Peas](#) Stir-fried beef with snow peas in a light gingery sauce

Baby bok choy (a choi or Tsoi, this is in the mustard family, the greens and succulent stems are great raw or steamed, BBQed, or lightly roasted)

Recipe: [Sautéed Hoisin Shrimp with Bok Choy](#) Shrimp, sliced green onions, and baby bok choy are sautéed in a sweet-hot sauce.

Kale (Brassica related to Collards broccoli, cabbage, cauliflower)

Recipe: [Portuguese Kale Soup](#) Pea beans, chorizo, cabbage, kale and potatoes are slowly cooked together in this traditional soup

Green onions

Recipe: [Mixed Greens with Walnut and Roasted Onion Dressing](#) What an amazing dressing. You might be tempted to use it as a sauce for your next roast chicken dinner, but first try it on top of this simple salad of mixed greens, walnuts and red onion.

Mizuna (a peppery, green in the mustard family that is wonderful raw in salads, steamed, or tossed into a soup)

Radishes

Recipe: [Potato Salad With Bacon, Olives, and Radishes](#) This potato salad boasts the zesty crunch of radish, savory olives, and crisp bacon.

Compliments of Safeway Recipe Search. Go to <http://www.safeway.com/IFL/Grocery/Recipe-Search#iframeTop> for recipe detail or more recipes.